

Tips for Managing Heart Palpitations

Things you can do on your own



- Stay calm
- Take your pulse, or ask someone with you to take it. Write down how many times you feel your pulse (the beating in your wrist) in one minute.
- Write down how often you feel the palpitations, and how you feel when they occur. Share this information with your care team.
- Tap out the rhythm of your palpitations. This will help you explain the problem to your care team.
- Avoid caffeine and alcohol
- Avoid nicotine (including smoking, chewing tobacco, vaping)
- Stay hydrated by drinking at least 6-8 cups of water daily
- Make sure you are getting 7-8 hours of sleep a night
- Try actions to help slow your heart rate – these are called vagal maneuvers:
 - Splash cold water on your face or the back of your neck. You can also apply an icepack to your face for 20-30 seconds.
 - Hold your breath for 15 seconds, or bear down like you're having a bowel movement
 - Try meditation exercises to reduce stress

See the Other Resources page for more information

With the help of your care team



- Your care team may prescribe beta-blockers to slow your heart rate and lower your blood pressure if you have chronic heart palpitations

When to call your care team for help



- If you have any chest pain
- If your heart rate becomes very fast (more than 120 beats a minute) while you are resting
- If your heart rate feels irregular, or if it feels as though your heart is skipping beats
- If your palpitations are becoming more frequent
- If your palpitations get worse
- If you have palpitations and feel short of breath
- If you feel lightheaded or faint

Additional information on Heart Palpitations



- [Click here](#) for tips for breaking heart palpitations
- [Click here](#) for more information about heart palpitations